



**Candace Quigley  
Registered Dietitian  
Mystic Valley Elder Services**



**Do you have nutrition questions?**

Perhaps you are interested in losing weight, need to gain weight or have specific nutrition questions. The Mystic Valley Elder Services' registered dietitian can assist you. If you are interested in meeting one-on-one to discuss your nutrition questions, call our office at 978-664-5600 to sign up. It's free!

During the Pandemic while the Center is closed Candace can meet with clients over the phone or via a Zoom consultation.

Candace offers Nutrition Clinics with the Senior Center throughout the year. Free private consultations are offered for residents of North Reading.

Candace also does presentations which included:

- Cooking for one
- Spoonful of Sugar
- Understanding Nutrition Labels
- Microwave Cooking